Journal Entry 4

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In Maslow’s Hierarchy of Needs there are five levels of human needs. Which are: self-actualization, esteem needs, belongingness and love needs, safety needs, then lastly physiological needs. Technology can be applied to all five of these needs as well. Starting with physiological needs, some people with medical devices such as a pacemaker and other equipment need to live a more comfortable life. Without technology many people including myself could not get our safety needs met. Not having a cell phone or another way to contact others like emergency services would not instill a sense of safety for me. Technology involving communication like cell phones can be counted as a psychological need for belongingness in today’s society. Many people like myself have friends and family that live in different states and countries. So, without these telecommunication devices people would not be able to interact with as many people as they normally would. Technology has allowed for a vast amount of knowledge to stored such as the internet. I would personally go online to find advise and guidance for things happening in my life regarding my esteem at times. Which I am sure is the same for many other people. Not to mention that getting the praise and adoration from strangers can boost anyone’s self-worth. Advancing technology lets to new and interesting fields of study and work. Which is how I and my many other people in the future may find what helps us to strive for self-actualization.

**References**